

*\*content written for a women's digital health platform to go live in winter '22*

## **Is Menopause Making Me Dizzy?**

While not often thought of as being associated with menopause, some women may begin to experience dizziness and lightheadedness throughout the menopausal transition.<sup>1</sup>

### **Why am I dizzy?**

First and foremost, if you experience new, more frequent, or worsening symptoms, call your doctor immediately.

- **Hormonal changes** - fluctuating and decreasing estrogen levels during the menopausal transition can affect the blood vessels and central nervous system, which may result in episodes of dizziness.<sup>2</sup>
- **Other menopause symptoms**, such as hot flashes,<sup>3</sup> migraines,<sup>4</sup> tiredness,<sup>5</sup> heart palpitations,<sup>6</sup> and anxiety<sup>7</sup> may bring on dizziness.
- **Conditions** such as ear issues, low or irregular blood pressure, dehydration, low blood sugar, anxiety, cardiovascular problems, and fatigue, along with possible other illnesses, infections, or medications, can bring on dizziness.<sup>8,9</sup>

### **What helps?**

- **During a dizzy spell:**  
Sometimes lying still with your eyes closed in a darkened room may help,<sup>10</sup> as can getting some fresh air. Sit or lie down immediately when you get dizzy until the episode passes, and after it has passed, get up and move slowly and carefully;<sup>10,11</sup> however, if you feel like things are spinning, do not lie totally flat.<sup>11</sup> If you tend to experience frequent or sudden dizziness, avoid doing anything that could be dangerous like driving a car, climbing a ladder, or operating heavy machinery.<sup>10,11</sup>
- **Take breaks from electronic devices**  
Long durations of screen time may lead to dizziness;<sup>12</sup> one reason for this is that when eye movements are increased but the body stays still, it can send confusing signals to the brain.<sup>12</sup> Step away and take a short break.
- **Drink water**  
Dehydration can cause a decrease in blood pressure and oxygen supply to the brain, which causes dizziness.<sup>13</sup> The standard recommendation is to drink eight glasses of fluids per day,<sup>13</sup> avoiding alcoholic, caffeinated, and sugary beverages.

- **Get quality sleep**  
Poor sleep quality and not getting enough sleep have been associated with dizziness.<sup>5</sup> We know how hard it can be to get good sleep, so check out [these tips!](#)
- **Avoid caffeine, alcohol, cigarettes, and excessive salt**<sup>10</sup>  
Excessive use of these substances can worsen symptoms.<sup>10,11</sup>
- **Relieve stress**<sup>10</sup>  
High cortisol levels due to stress can cause dizziness.<sup>14</sup> Therefore, relaxation practices such as yoga, meditation, and [deep breathing](#) may help.<sup>15</sup>
- **Do not skip meals and eat regularly**  
Low blood sugar can cause dizziness,<sup>8</sup> so eating smaller balanced meals more often throughout the day may help.
- **Track your dizzy spells**  
To help identify triggers, record when dizzy spells happen and the circumstances surrounding them.

If your doctor determines medical intervention is needed, there are medications, procedures and different types of therapies that may be prescribed or recommended.<sup>10</sup> While many symptoms may subside once a woman enters post-menopause,<sup>16</sup> if your dizziness changes, increases, gets worse, or is accompanied by any new symptoms, contact your healthcare provider.

*The contents of this article are for informational purposes only and not intended to provide medical advice, treat, diagnose, or replace the advice of a licensed medical professional. Please consult with your healthcare provider before making any treatment, dietary, exercise, or lifestyle changes to ensure that these changes are appropriate for you.*

#### Sources

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